A PHILOSOPHICAL APPROACH TO THE CRISIS OF MODERN THYSELF

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PROLOGUE

This book is not a book of answers. This book could hardly be a book of answers, as it deals with unfamiliar words and concepts, such as self, emotions, consciousness, human being. With words whose meaning, to a large extent, I axiomatically posit. Moreover, I am not a man of answers, but of questions and discussions.

I started writing this book two years ago after finishing my short story “The Price.” I often wondered if being yourself was the right exhortation. I believed that the crisis of modern man is a result of disconnection from himself, as things in life do not go much beyond ourselves.

Becoming yourself certainly means a more complete person, but could it also mean a more complete humanity? Is a more harmonious coexistence achieved when each of us is himself or the opposite? I have pondered this countless times, as I deeply desire to be myself, but I also deeply desire to live peacefully. I was looking for something that made sense, something that seemed like a solution, or like the secret ingredient that would bind all the parts together, without alteration.

Until a thought illuminated my search. Being yourself cannot be outside the framework of being human. The self is something very personal for everyone, but being human is something common. Being yourself is freedom (with all the responsibility that entails), while being human is an obligation (and a right at the same time). There are two ways to suffocate what one is, either by suppressing oneself for what exists beyond oneself, or by erasing what exists in order to condense one's entire existence into oneself.

What is man, has since become the issue that concerns me and I am writing this book in search of him. Man as an existence. Man as an organism. I never

expected to express the view of how unified the human existence is, body and spirit. Especially, how overlooked the contribution of the human body is. We are all tied to a human organism that we largely ignore, do not appreciate and do not utilize.

I tried to write this book with as open a mind as possible, to observe as best I could. The initial question was "Who am I?" Then the question became "What is the human experience like, i.e. the experience of being human?" And finally the question is "What laws govern the functioning of the human organism?"

My attempt to understand man is divided into three parts. In the first part, I look back to the first humans who ever existed, as presented in Genesis (Legion translation). In the second part, I observe man, as a species, from the moment of his conception, operating as realistically as I can. In the third part, I refer to five areas/organs of the human body, analyzing the special importance they have for man, in my opinion.

I sometimes wonder if we can have meaningful personal experiences by choosing to leave our bodies out. There is a continuum in humans between mental, intellectual, and physical processes that cannot be ignored. Everything has its physical imprint. There is a continuum of mechanisms.

It seems to me that at some point it becomes easier and possible to accept oneself, but I doubt whether anyone easily accepts the fact that they are human. I think we do not know, and perhaps we have never learned, how to be human. And I wonder if we understand what a human being is, will we have the ability to love him? Except perhaps if we have mercy.

Why do we seek knowledge of human nature? To accept it or to overcome it? I fear that we will not be able to bear the fact of what man is, if we ever manage to gain absolute awareness of our nature. Will we be able to bear to see him in his greatness, but also in his baseness, without judging him?

This book is not a book of answers. But if there's one thing I can say for sure, it's that the human body is built with great intelligence and I am something I can trust.

No being can transcend its nature unless it modifies it. But at what cost?

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Dedicated to myself and to human.

PART ONE

CREATION

All of my analysis in this first part is based on the text of the Old Testament, as rendered into Greek by the O's. Perhaps if I had been able to study the original text, what follows would have been different.

Reading the first and second chapters of Genesis, it seems to me as if I am reading two different accounts of creation. However, I do not intend to quote what I perceive as different, nor to analyze the first chapter. However, the narrative of the first chapter makes me wonder based on what image and likeness God created man, male and female? What is that form of God that can produce, i.e., to place the seed, and what is that form of God that can animate? What mechanisms and what abilities has God implanted in man?

Furthermore, I find the part that states how man came to life through breath interesting. Man is created differently from other beings. Theoretically, then, in some part of the respiratory organs the human spirit probably resides, which comes from the spirit of God, although it then permeates the entire man. Breathing, after all, takes place in all cells. And this spirit is transmitted and gives life to Eve through the bone of Adam.

ADAM AND EVE

As far as I know, it is now theologically accepted that creation was the result of the Word, i.e. Christ. Christ will

also create Adam, having knowledge of all that will come. In this narrative, Adam becomes the caretaker of the Garden of Eden. In this chapter, the prohibition given to Adam is also stated.

" Of *every tree of the garden you may freely eat. But of the tree of the knowledge of good and evil you shall not eat;" for in the day that you eat of it you shall surely die.” (Or you will become mortal)* .

But is death a punishment or a natural consequence? Below the text tells how Adam names the animals, but beings that are not like him. Then follows the creation of Eve, as the Lord considers that loneliness for man is not a good thing. So, it is a God who cares and not a punisher.

Thus, Adam will enter a deep sleep, his rib will be removed and the void will be filled with flesh. It is important to understand that loneliness is the cause that leads man to sleep. Man will withdraw from the world, releasing a part of himself, which will be replaced with something else, so that upon his return he will coexist with another man.

There is an opinion that says that due to a wrong translation we consider the bone to be the rib, while it is the baclon. I am divided. On the one hand, the rib is close to the lungs, but on the other hand, the reproduction process of the next people begins with the sperm, except for the conception of Christ. Combined, I conclude that Adam's baclon was joined to Eve's ribs. So, based on who we are referring to, the name also comes. As a baclon it is removed, as a rib it is added. We combine - we construct...

For the woman, the man will abandon Father and Mother. In terms of modern psychology, we would say that commitment of partners only occurs when people have such maturity and relationship with their parents that they can abandon them, become independent. Commitment presupposes abandonment.

At this point, a reasonable question is why would God create Eve, knowing - given that he is omniscient and of

the future - that she would lead Adam and humanity into sin. What is it that will make sin be chosen over solitude?

Many of us try to interpret God with human logic and are led to wrong conclusions. However, most of us agree and I believe that it will indeed be so that God's choices are the best and wisest decision. Since, then, the creation of Eve is a wise choice, one is left to ask, would sin have entered the world anyway? Of course, we ask this question, without even having defined what sin is.

Thus, with the creation of Eve, the second chapter is completed. *"Adam and his wife were both naked and were not ashamed."*

THE ORIGINAL SIN

The third chapter begins with the conversation between the serpent and Eve. There is much doubt as to whether it was the serpent who spoke to the man. One view says that the man himself spoke to himself. Another view suggests that the Lord spoke to the people and because they trusted him they answered him.

In many stories in the Bible, God desires to tempt man, he desires to test him. After all, the Lord himself prays, *“and lead us not into temptation.”* None of these views surprise me, nor would they disturb me if they were true.

Man is in a constant silent dialogue with thoughts. It follows that he cannot easily distinguish his thoughts from the invisible voices that speak to him, even if such a voice is God's. Whereas, many voices that he hears in his life, man assimilates them to his own inner voice, transforming them into his own thoughts. It is a great misfortune for man not to be able to distinguish whether his thoughts are all his own voices.

I, of course, am one of those who believe the text as it is written. In my opinion, the serpent spoke to Eve.

"No, you will not die; for God knows that in the day you eat from it, your eyes will be opened, and you will be like gods, knowing good and evil."

The woman saw that the fruit of the tree was delicious, attractive, and aroused the desire for knowledge.

The first thing that reacts to the words of the serpent is the body, the flesh. The fruits were delicious. Eve saw that they were delicious, that is, she knew how to distinguish the delicious fruits. The first created beings ate in paradise and had the ability of the five senses.

Then a very important word for man is mentioned: desire. The fruits aroused desire. I suppose that man has always had desires. Paradise aroused his desires and he satisfied them or not. Perhaps the first-born had passed through that point many times, had felt the desire for knowledge many times. Perhaps they had managed to control it. But why did they disobey that time?

Knowledge is something that man desires. Something within Eve sought knowledge and we do not know the intensity of that desire. These few lines alone are open to so much discussion, so many questions, so many hypotheses and theories.

Within Eve a desire is born, a desire different from the will of God. Disobedience to the will of God will introduce sin into the world. Sin, then, seems to be the will of man that diverges from the will of God.

Many, including me, see sin as an act of freedom. Yes, for me that day man gained his freedom. I am not saying that he gained it against God. But reading the story so far, I assume that God did not create man to be free, but to be united with Him and to trust Him. Of course, this means that God is also united with man.

Freedom will cause a lot of trouble to a person in his life and he himself will sometimes rush to give it up as an unwise choice. After all, according to this claim, freedom does not have the wisdom of God.

Are they not afraid of death? They ignored it as a process and did not think it was something terrible, or they understood the consequences and did not care because they would become gods? What did being gods mean to them? What exactly does a person desire when he desires to become like a god? Did they think, since I will become a god, then there is no reason to fear God? What had they seen of God? Adam had seen God create Eve after he had put him to sleep, removing one of his ribs. They had seen God forbid them and allow them. God has the control, the authority and the ability to fulfill His every desire.

If above all else their desire to become gods stood, this, of course, means that they believed that they could become gods. Of course, they had been made in the image and likeness of God.

THE CONSEQUENCES OF SIN

From the narrative it seems that the first created beings were together when they ate the fruit. Eve eats first, but her eyes open at the same time as Adam. The text says:

"Then the eyes of both of them were opened and they realized that they were naked. So they sewed fig leaves together and made aprons to cover their nakedness."

Their eyes are opened. Where are these eyes that open? How are the eyes opened? There is more than they saw, and their ability to see it comes with the knowledge of good and evil. They see, but they do not see, until knowledge comes.

Why do their eyes open at the same time? Was there a short time between Eve eating and Adam eating? Or do their eyes open because Adam also eats? We know from the text that Adam was given the command not to eat. When and by whom was it given to Eve? Did Adam tell her

and not God? Did Eve disobey her husband and Adam disobey God?

And what do they see? That they are naked. They are naked and that is evil. But how can it be evil since God made them naked? Could God ever permit evil? Or is nakedness evil for anyone who has the knowledge of good and evil? They were once naked and were not ashamed. It will be a great shock to expect to become a god and instead become naked.

Running to cover their nakedness is the first thing they do. They are not concerned with the punishment that will come, but they take care to sew fig leaves. This is the first recorded moment when man uses external objects to facilitate his contact with other people. And what exactly do they cover on their bodies with fig leaves? We all have in mind images of the protoplasts covering the controversial parts of their bodies. If these images have even a trace of truth, what is it that they want to cover more about themselves and why? Did the knowledge of good tell them this? However, since the text does not provide any other information, I do not intend to get involved in this issue further here.

The knowledge of their nature crushes them. History testifies that man enjoys having a soul and spirit, as opposed to having a body. Let us not forget that at the time when the human spirit reached the highest level of intellect, the body was considered a prison for the human soul. At that same time, beauty is praised, the beautiful becomes the highest value. The judge of beauty ends up being man himself.

Even in our days, we should not lose sight of how much we strive to dress it in the best clothes and how many beauty contests we organize. Through many ways of comparison, we try to stand out from other people, to stand out, to dominate, as if we were gods.

MEETING WITH GOD AFTER DISOBEDIENCE

God does not appear to prevent man from sinning and this is a question. Why does he not appear? So as not to hinder their decision? So that people have free will. But, does a command given to someone not hinder his free will? The entire Old Testament is full of conflicts between the will of man and God. God is not a willless being, nor a being who does not oppose the will of man. One of these examples is the prophet Jonah.

He appears to man after he has made the decision and disobeyed His will. He prefers not to appear before, until after the sin has been committed. He comes and seeks him, calmly seeks him. He finds them hiding and asks them why. Therefore, after sewing the fig leaves, the first created ones met again. It was not a bad thing to meet again since they were no longer naked. Adam's answer:

" I heard you in the garden, and I was afraid and hid myself, because I was naked."

This is the first time fear is mentioned in the story. Is this the first time that man feels fear? I suppose not, since if he couldn't feel fear, why would God tell him that if he eats, he will die? I think the only thing that differed today's man from the first created beings was the lack of knowledge of good and evil.

But, despite the fact that he says I was afraid, he then refers to his nakedness. Why does his nakedness cause him fear? Or is he afraid to face God naked? But, he had not covered it? What is it that makes him feel naked still? What could the God they face be like, that he still makes them feel naked in His presence? What do they see? Is he wearing more than they are? And why should they hide when God has seen them naked before and even wished them to remain in this state of nakedness?

Could he metaphorically mean his nakedness and hiding because he feels that he cannot defend his existence against God ? Could he mean inadequacy by his nakedness. Human inadequacy fills man with despair. Man's inability to accept his inadequacy fills him with despair, it can make him feel fear, anger, rage, sadness,

surprise. But, if we stick to the literal meaning of his words, then we conclude that when they hide, they are not trying to save their lives, but their dignity.

God himself asks who told you that you were naked, since I did not tell you. This means that Adam did not have the capacity to make this thought, unless he had eaten the seed of good and evil. The first created ones did not feel ashamed of their nakedness, not because they had not sinned, but out of ignorance of their condition.

They now know good and evil and choose to hide. They listened to God and prefer to avoid Him. Do they do it as good or evil? It does not seem that they know what good they should do, let alone the good that God would have them do. However, after the forbidden fruit they should have this knowledge. So, since we observe this inconsistency, the only explanation I give is that they now know good and evil as a concept, but they cannot distinguish which is which, as they could not before. Now, their experience takes on another meaning. What they experience now has a deeper meaning.

A new thought arises in their minds to accompany them. Is it good or bad? Now they wonder about everything. Can I? Should I? Everything around them can be good or bad. They are no longer ignorant of this fact. Before they could do everything, except eat the forbidden fruit. The only bad thing was the forbidden fruit because God did not allow it. Everything else was good.

Man himself will now define what is good or evil. Man will now make his own laws. But is there something within him that will direct him to good?

THE PUNISHMENT OF THE PROTOPLASTS

God asks, "Did you eat from the tree that I forbade you to eat?" and the first created beings answer yes.

Eve says: " *The serpent deceived me and I ate."*

Adam: *"The woman you gave me, she gave me some fruit and I ate."*

In terms of modern psychology, we would say that no one takes responsibility for their actions, but they shift them elsewhere, even to God. However, staying away from this logic, we will suffice to observe how they describe the events under a regime of fear, omitting the experience that was born within them. And God punishes them for their disobedience, because they preferred to listen to someone else, and not to Him.

"I will greatly increase your sorrow and your pain in childbearing, and in pain you will bring forth children. Your desire will be for your husband, but he will rule over you."

"Because you listened to your wife and ate from the tree about which I commanded you, 'You shall not eat from it,' cursed is the ground because of you. In toil you will cultivate it all the days of your life. Thorns and thistles it will bring forth for you, and you will eat the plants of the field. In the sweat of your face you will eat bread until you return to the ground, for out of it you were taken; for dust you are, and to dust you will return."

So, then, he gave people sorrow, pain and toil. While, one needs to notice here that God does not curse man, nor does he mention expulsion from Paradise. Man desired to be like God and God's answer to this desire was pain and toil.

What if we now distorted things and said that pain and toil are not punishment, but man's supplies in this effort? If that were the case, then pain and toil are the divine powers of man. The powers of creation, as there is nothing more divine than creation. And how are these manifested? But, of course, through the body. The human body is very important. In fact, here God in this passage will define man as an existence only insofar as he has a body. "From dust you came and to dust you will return." There is no mention of an eternal soul or anything else.

The human body will be an obstacle, but also a way out. Let us not forget, moreover, that the Lord needed a

human body to save the world and He saved it through toil, sorrow and pain. And whoever thinks that he can be himself without including his body in it, I think that he will never be able to become completely himself and anything more.

Before closing this chapter, I would like to point out that while God does not curse man, he does place him now to live in a cursed place, where only toil overcomes the curse. Could it be said that when man avoids toil, the earth becomes more cursed?

While with what he says to Eve, God gives power to Adam. But, this follows Eve's desire. When Eve desires, her desire will end up in Adam and he will dominate her. Could power function as a way of suppressing desire? As long as the woman desires to desire her, the man will be under his power? Are they two sides of the same coin? The woman and the man must find a way to be equal, each surrendering his power over the other.

THE SNAKE'S DECEPTION

The serpent approached Eve and spoke to her. The serpent was cunning and knew what to do to be effective. His actions and words were well calculated. Why did he approach Eve first? Because he was a more sensual being and it was easier to deceive her? Did he know that Adam would not trust him like Eve? Or did he know that if Adam had eaten first, things would have turned out differently? When Eve ate, nothing happened. Their eyes opened when they both ate. What would have happened if Adam had eaten first is a very crucial question.

Why did he counter with death by saying, "You will become like gods?" Why didn't he suggest something else? Why didn't he just say to eat and not trust God? Becoming like gods must have been a deep human desire, like the knowledge of Eve.

It was very important that the first humans lose their trust in God. Would it be enough for him to tell them not to

trust God or did something more need to happen for them to lose their trust in God? For example, for Eve to eat the fruit and nothing would happen. Becoming like gods may have been a deep desire, but Adam would not take the risk of death.

The desire to become like gods is perhaps the strongest and most destructive of man. The practice is to lose trust in God and satisfy his desires, as they will make him like God, ignoring or forgetting the fact of human nature.

Didn't the wise spirit, as Dostoevsky calls it, say the same thing back then in the desert? Didn't this ask Christ to deny His human nature and rely only on the divine? To behave as if He were not human, but like God? The human body is important. Christ sacrificed this. And if it were not important, then He would not have taken it back with Him. That is why He does not deny His human nature, but only opposes His trust in God to temptations.

And it is wrong to think that Christ took on human form at His Birth. Christ bestowed upon man His human nature. Christ did not become man from us, but we from Him. His birth does not give Him a body. With His birth He acquires a beginning in the world of matter.

THE EXILE FROM PARADISE

God had warned the first humans about the consequences of eating the forbidden fruit. You will die. Of course, the first humans did not die instantly. Also, when he punishes them, he does not expel them. Exile from the Paradise of Plenty does not seem to be a punishment.

"Now the man has become like one of us, knowing good and evil. And now, lest he put out his hand and take also of the tree of life, and live forever."

God forbade them to eat from the tree of the knowledge of good and evil because they would die. The

serpent said that if they ate they would become like gods, and God lied to them. The first created beings do not die, on the contrary, the possibility of living forever opens before them. God expels man because he has now become one of them. Here, then, one finally wonders if God lied. If God speaks the truth, then man does not die from the fruit he eats, but from disobedience.

But how can disobedience kill? For the fruit to kill sounds closer to human logic. You eat something poisoned or unsuitable, you die. Of course, there is a contradiction in this. The contradiction lies in the assumption that the protoplasts were made immortal. Was immortality or not a property of the protoplasts? Most likely it was not. Nothing in Paradise is immortal by nature, but a position. They were not made immortal by analogy, but in terms of the ability not to die when circumstances permit. But under what influence do they not die and this changes with disobedience, while immortality becomes natural with the tree of life?

All of the above reasoning began as an answer to the question of who is lying. And there is no such thing as lying, if we are referring to a different era. The question was answered in half a row. I remember once in high school, our Math teacher gave us a difficult exercise as homework. The next day, I was the only one who had solved it. He didn't ask me to go to the board, but he solved it himself, filling the board twice. Then he asked me if that was my solution. The answer was negative. He asked me to show my solution. I only needed one row on the big board in the classroom. Then, everyone praised my undeniable intelligence.

Of course, I also remember another time, a few days later . Every Saturday, all the students in the tutoring center wrote tests. They made us sit in a mixed group. I sat in front of a kid from a younger class. He had a test in trigonometry and asked for my help. I solved an exercise for him, filling an entire page. I was so proud because I had already had difficulty with it, that after days I looked him up to ask what grade he got. He had gotten a zero and I was surprised, since the solution was correct. The

teacher had given him a zero because he wondered how he knew this math since he hadn't taught them yet.

To prefer simple answers when they exist. To seek them out. They make us seem smarter. On the contrary, when we do complicated things someone will always find a simpler way than you. But, mainly because the true connoisseur can understand the deception.

God expels the first created beings and takes measures to prevent them from finding the tree of life. One notices here a contrast regarding the tree of good and evil. No one guarded it. Man had to guard himself. One would say that it was expected that he would guard the tree of life because he had found that he could not trust people. This assumption contradicts the fact that God is omniscient.

Eating from the tree of life is worse than eating from the tree of the knowledge of good and evil. God does not want man to find the tree of life and live forever. God takes measures for things that he really does not want to happen. What he leaves to chance may simply be matters of faith testing. God likes to test people’s faith. Will man find this tree and live forever?

"Take, eat; this is my body, which is given for you for the forgiveness of sins."

CAIN

I couldn't complete this first part without mentioning Cain, the first man born like the rest of humanity.

Cain was a farmer and his brother, Abel, a herdsman. They both offered to God, but while God looked with favor on Abel's sacrifice, which offered the best parts of his meat, he did not accept Cain's sacrifice. Cain, in anger, killed Abel.

God will search for Cain and ask him where your brother is and he will answer where he knows. Then, God will punish Cain with exile. Cain will answer that he cannot bear this punishment.

Somewhere here, pious Christians are tearing their clothes with the audacity of a fratricide who dares, after what he has done, to judge and punish God. Fortunately, for Cain, God is more merciful than pious Christians and will grant his request. Here, then, the question arises: should one speak to God or remain silent?

Before the murder, God will speak to Cain.

"Why are you angry and sullen? If you do the right thing, you will find your joy again."

Joy is an indicator for man when he does what is right. Joy is something that guides man in relation to what is right. It is an inner compass for good. Whereas, sin, a will different from God, desires man and he must dominate. Sin lurks.

Cain, when God searches for him, is neither afraid nor ashamed. But why? He knows that his parents were expelled from Paradise. Perhaps, however, he knows the story very differently than we do. Does he know a story that speaks of a God who can be trusted?

God clothed his parents before expelling them from Paradise so that they would not be ashamed and afraid, as the first created ones themselves reported to God, while they were still alive. A opens his heart with trust in God, speaking about his experience, without accusing God. With trust not that God will satisfy his request, but that He will hear him with mercy, without crushing him. If man does not open his heart to God, where will he open it? Even his worst thoughts to God can be revealed. After all, what can you hide from God that He does not already know?

At this point, it is worth noting that Cain at that time is not trying to preserve his dignity at all, but only his life. God himself will put a mark on him, everyone will know what he has done, but no one will be able to harm him. The mark says “This is Cain who killed his brother. This is Cain who killed his brother and I allowed him to live. Let everyone know this. No one has authority over his life.”

The mark is put in to protect himself, not to discredit him. He is under God’s protection.

This sign is one of forgiveness. And we don't need to wonder whether Cain knew in depth or not the consequences of his actions, we don't need to find extenuating circumstances for him to be forgiven. He has already been forgiven.

FREE WILL AND DEDICATION

The question for the first-born remains. Why shouldn't they listen to God despite their desire or why shouldn't they go to God to ask for what they desire, since the desire was born within them? The answer lies in the words of the serpent.

Man has his own will and God has his. The whole Bible is full of conflicts between the will of God and the will of men. The conflict of will is probably inevitable. But, many times this conflict turns into a power game and I think man pushes things in this direction. Man tries to appropriate something that does not belong to him. Let us not forget that Cain means with the help of God, while Seth means given.

Man desires to have free will. But man does not so much desire to have free will as to have the only free will. Free will seems to satisfy man only when there is no other will but his own, when all other men, even God, are subject to his own will. He who first pleads for the importance of free will will be the first to remove it from everywhere, so that he will not consider his life a farce.

Man, then, has his own will and God has his, and what Cain lacks is devotion, devotion to the will of God. Of course, devotion springs from trust, but it is nourished by freedom. There is no real devotion that requires trust to be maintained. True devotion to the will of God will remain in all difficulties, even when deep down you feel that God has abandoned you.

Devotion is a difficult and rare virtue. Few people master it, but even most of them will lose it at some point and find it again. But who will guarantee it for a person when it is lost? Devotion comes and goes. And those who find it again do not find it in trust, but in desire. Man must desire deep in his heart. He must desire freely to be with his God. Not to be saved, nor to be virtuous, nor to live an easy life, but only to be with God.

Here, somewhere we will meet another first man, the first man of Paradise after the Resurrection. That thief who showed that there is nothing that can make man superior or inferior to others. In this, after all, the eternity of man is found, that he can stand new at every moment. It is not wrong to desire to become like God.

That thief desired to be with Christ. To be with the Lord, who came down to free people from sin, while He does not free them from their sinful nature. But, I defined as sin the will of man that differs from, and sometimes opposes, the will of God. And I pose here a question, which I do not dare to answer, from whose will do I free man, from his own or from God's, under the will of God?

And I cannot help but ask one more question. If man dies because of disobedience, then why does Christ die? If sin is what kills man, how can the Lord die? The Lord exclaims, “Why have you forsaken me?” What abandons Christ at the moment of death and what returns with the Resurrection? The Lord’s death grants eternal life. “I must go away so that the next era may come, because if I do not go away, it will not come. I am the means of passage. I am the One who keeps the way clear.” The era of man free from death and the power of sin. And all sins can be removed except one. Only one deprives one of eternal life. Paradise is based on one condition.

“My life-giving Spirit will not remain in man forever, for he is flesh.” It is not the issue of sin entering the world, but the Spirit leaving.

And what did I write? Nothing new. Nothing remarkable. And if I look at it with admiration, it is for the satisfaction it gave me to think differently than I used to

think. But, that I thought differently from myself, is nothing great, since many people here and thousands think differently and some already know this. But, for me, the restoration of my distortion is great. Not to be interested in fighting against sin. Sin will happen, the coming of the Holy Spirit requires a struggle, but it is never lost. No one needs to be shaken, nor disappointed.

Devotion can also be freedom. On the contrary, freedom that becomes obsession ceases to be freedom, as it is no longer a choice, but a necessity and an obligation.

PART TWO

HUMAN QUALITIES

In this chapter we will observe man from the first moment of creation. I will approach this work as a simple observer and not as a connoisseur, which I am not. The method I follow is purely scientific. I observe, gather as much data as I can, create a model, which I test experimentally on myself. I hope to test it later on a larger scale.

In this chapter I talk about the 5 basic qualities of man. As the first moment of creation of man I will define the moment of fertilization. There I will define the beginning of the potential man, in this new cell that has just been formed.

1. THINKING BEING

I consider thought to be the first quality of man. It is difficult to define thought. However, I define thought as

the first essence of the universe. The universe consists of a soup of thought. We are in a multidimensional world, partially perceptible by our senses. Thought is multidimensional and matter is its imprint in 3 dimensions. Thought can take many forms, such as kinetic energy, learning, memory, vibration, will.

Since the universe is made of thought, this means that all things around us produce thought. For example, an electron can choose when to behave as matter and when to behave as a wave when filmed. However, this does not mean that everything can decode the thought found in the Universe. No being or product can decode thought in the way that humans can.

Humans have an excellent mechanism for decoding and producing thought, with imagination being an important part of this mechanism. We all produce thought and we are all able to decode thought. Perhaps empathy is nothing more than decoding thought. Perhaps what we feel in tune with other people, what we say "you read my mind", what we call telepathy, what we call instinct or intuition is due to this ability to decode existing and produced thought.

In the same category, I think we should include what we distinguish as the insight of a writer or the intellect of a scientist. Prediction and innovation may be nothing more than decoding thoughts from the future. The future as man defines it linearly. I once heard a philologist say that the Universe behaves as if you knew the consequences of your actions.

It is difficult to understand this practically, as most of us know that all that really exists is the now. The present, on which it is important to be able to focus. To focus on your breath, on your body, on the environment around you, on the colors, on the smells, on the sun. Only the sun that one focuses on now on Earth is past for the Universe. For the Universe there is no inside and outside, nor before and after.

There is an infinite, unified soup of thought and man decodes it. He decodes the thoughts of the future not

because he can see the future, but because the future exists now. It seems that somewhere within him man has the ability to know and to experience everything. In the same way, then we cannot deny the claim that memory is the decoding of the thoughts that man classifies in the past. This, of course, is where Jung's collective unconscious belongs.

Of course, the following question arises: Whose thought is the Universe and to what purity can man decode and transform it? Conversely, how can one encode one's thought so that it cannot be decoded?

There are low and high intelligence thoughts, high and low consciousness thoughts, fast and slow thoughts. If every cell thinks, then it will also have some learning and memory abilities. The hand remembers, the foot remembers, the cell itself stores memories that it sends to the brain.

If thought also takes the form of energy, then it explains why thoughts seem to affect us as mechanical causes. Thoughts make us feel pressure. Thought is converted into electrical energy as it moves through neurons. Each part of the body can possess thought as a different energy.

Thought directs our body. There are some parts of the body that are trained and programmed faster than others, such as the hands and feet. There is a lot of information in our genes, some of which we use, some of which we don't. I believe that the evolutionary process of man came through such a process of low-consciousness thoughts.

In closing, we will not fail to ask ourselves why each era presents its own illnesses? Why does the same stimulus cause different responses in each person? Is it a coincidence that in an era when man struggles to stay young, we have so many cancer patients? Is it a coincidence that Nietzsche, who opposed reason so much, died of schizophrenia?

I realize that what I write is difficult to digest, not because it sounds like science fiction or metaphysical

scenarios, but because then schizophrenia seems an expected, natural state of those who have a great ability to decode the universal soup of thought. But, I wonder, doesn't accepting the human being as empty space, as matter that can be condensed to the size of a lentil, and a fine or medium lentil, seem equally crazy?

2. SOCIAL BEING

Man is created within another man. In fact, in a female body, when his father is far away. Nature has constructed the female body capable of receiving and animating, in a process activated by the sperm, while it will also genetically determine the sex of the fetus.

Nature has very specific rules that create man and we will not stop to interpret them based on their morality or progressiveness. We will observe the process of creation with a view to understanding man, who is part of nature. We will not talk about morality, because the inability to create a moral system that opposes nature, presupposing its counterfeiting or erasure, is problematic. However, we will all admit that sociality is part of nature, as nature does not examine the fate of a unit, but works in favor of the survival of the entire species.

Two processes occur in the female body, creation and maturation. So far, human technology has only managed to master the first process, fertilization. The human body remains essential for gestation.

But why does a human need a human body and not come out as an egg? Why do mammals need to be born inside an ancestor? Why is the existence of such an environment necessary for the maturation of the embryo? The environment affects the activation of our genes.

The mother provides protection and necessary resources to the fetus. Is that all? I believe that the fetus will reproduce processes imitating its mother. If its mother performs certain processes through thought, then the baby has the ability to decode them to activate its own.

The mother is more than a maturation environment for the child. She is a model of thought for the fetus. Mirror neurons are nothing more than neurons created to read their mother's thoughts . Thought activates and changes genes in humans.

The female body is not just a meal and a cave. A stressed mother produces certain thoughts, a mother who suppresses her emotions suppresses an important process, which should be taught to the fetus. Standard processes occur within the mother. The environment in which a mother lives affects the way a pregnant woman's body will function, not only producing or not essential nutrients for the fetus, but also the quality of thinking.

Does the fertilized egg have the ability to produce a unique infant, or can the uterus act in such a catalytic way, offering infinite possibilities? The environment of the uterus, which for nature is not differentiated in terms of the source of genetic material, is an environment of tremendous influence, like any environment in human life, not only in terms of resources, but also in terms of the narrative.

After nine months, the baby will be born. Leaving the baby longer than necessary is dangerous. As the baby grows, the womb oppresses it. The womb that nourishes it also leads it to rigidity. We could interpret it as the first experience of social oppression. The baby cannot survive on its own, but pressure beyond what it can bear will lead it to leave the environment that gave it life.

It was time for him to get to know his mother from the outside. So far he had only gotten to know his mother from the inside. His first environment was a human body, wet and trembling, warm and noisy. The heartbeat, the blood traveling through the veins, the electrical signals in the neurons, the mucus, the lungs rising and falling. Can we say, then, absolutely and definitely that man is ignorant of his organism internally?

His mother hosted him at her expense, his needs took priority. Love is the strongest bond that develops and the first one to know. So, I wish it will always be for all the

fetuses that will develop in the womb of every woman . So, I wish the conditions are right for every woman.

The time has come for him to make the journey into the world. It is awe-inspiring that this tiny creature will find the courage and hope to embark on such a difficult process as birth. Within him, however, is the mechanism to guide him through the apparent impasse. He will find the narrow passage to the outside world and the way to traverse it.

After birth, the mother will produce breast milk for the baby’s development. This is a third process related to the creation of human life. And this milk not only provides essential nutrients, but also something more. Breast milk is rich in antibodies. Breast milk builds, or potentially activates, the infant’s immune system. Human technology has managed to produce milk rich in nutrients, but not in antibodies. Of course, the infant can also produce its own antibodies when conditions do not allow for breast milk.

The mother is an essential organism in human life. Of course, we also know babies who grew up in her absence, utilizing the great potential of their organism and being supported by other people, such as the father. Babies cannot grow up alone. They need a caregiver who will provide more than just food. The caregiver or caregivers become the infant's environment, who will meet their needs to live.

Man is a social being, not self-sufficient. He needs social ties. But how much sociability is beneficial to man? What kind of social ties are useful? We are in an era of loose social ties and large social networks. We all shout loudly to be heard and rarely are we heard. And so, we shout louder and louder, creating so much noise that in the end we cannot even hear ourselves.

Social networks are not social relationships. We talk about acceptance, but we have found the most effective way to cancel. We train ourselves to be liked by others, looking for likes . We train ourselves to decide in 30 seconds and 200 words if someone is worth it. We think that social networks will stop inequality, prejudice, loneliness, and they train us to sink deeper.

It is also remarkable how a social networking app for young university students, teenagers as modern neuroscience tells us, has managed to have such a huge impact on the adult world. It makes you wonder how far we have come of age and who is mature enough to guide and care for the next generation.

3. BEING OF EXPERIENCE

With the birth of man, his life begins. Man has life as long as he has a body. When the body of man collapses, his life stops. Death interrupts life and death is called the end of the human body. Therefore, the human body has the goal of preserving life.

Of course, for humans, life is a very personal matter. It is not just survival. It is something different. It is a feeling. Everyone gives life their own interpretation and based on this meaning, a feeling of life is born, which the body tries to maintain.

For example, someone will choose to die rather than live. And yet, this person's path to voluntary death is nothing but a path to life. He feels a greater sense of life in death. Love is the greatest intensity of the sense of life. The diminution of the sense of life produces fear.

Fear protects life and I do not consider the human brain so stupid or primitive that it cannot distinguish between dangers. I do not agree with imaginary dangers due to the inability of our reptilian brain to adapt to modern civilization. That is, in 50 years when we will not be able to breathe in an atmosphere that is changing due to human activity, will we believe that the cause is our primitive lungs that did not evolve?

The human body categorizes dangers and non-dangers based on the feeling of life. Obviously, a bear that bites you reduces the feeling of life, due to damage, while at the same time it is accompanied by the emergence of the feeling of wear and tear, which we call pain. A toddler who sees his mother shouting to avoid the bear becomes

agitated. The agitation disrupts his feeling of life, which he has associated with his mother's calmness, and thus he learns to avoid the bear. In the same way, unemployment becomes a danger when my idea of life is associated with a good job, especially with this specific position.

Of course, this presupposes a variety of experiences that offers the possibility of comparison in the feeling of life. This set of experiences constitutes the life of man. Experience occurs in the world, the set of experiences occurs in man. Man should not misunderstand that the unique experience came from him. However, man constitutes the common component of his life.

Life is the sum of man's experiences in the world. Man knows the world through the senses. Traditionally, we speak of five senses. We are slowly revising this. There are senses for both the external and the internal world of man. Sensation precedes knowledge.

Man has blatantly ignored his senses, so much so that he has mistakenly come to believe that his 5 senses create an illusion. The illusion comes from the fallacy that man perceives the world only through the five senses. Man needs to grasp this area from the beginning. Like emotions. There is no more unknown, confused and misunderstood area than emotions. Emotions are related to the sense of life.

The sense of life is related to emotions. Emotions are victims of misinterpretation. We talk about basic, about five, about secondary, about a hundred. We have put fear in the same bag with anger, sadness with disgust. We put them in the same bag because they have the same source, but we did not realize their difference. Like a father who has 7 children, but is unaware of how many are girls and how many are boys. Some emotions inform us how and how much the sense of life changes and some how we will restore it.

Still, a misconception is that emotions must be expressed in order to be freed from them. However, the natural process of changing emotions is alternation. Staying in the same emotion does not come from the

denial or inability to express it, but from the denial or inability to feel another. Of course, expressing emotions facilitates the birth of a new one.

For example, expressing our fears does not free us. Trust will free us. But by talking about what we fear, we will discover what we will need to trust. I suggest, however, that when expressing feelings, we descend to the level of experience. It is more effective and concise to speak in terms of “I am having difficulty, I desire, I like, I am tired.”

Emotions are internal energy and are not directed to the outside world. There are no universal expressions that communicate our feelings, as they concern our inner world and are meant to remain there, unless people wish to reveal them. But why does there seem to be common nonverbal communication? It is a product of learning. It serves to show what we feel without analyzing our entire inner world. Believe me, as a mother speaking, when I say to my children “please, pack your things” with wide eyes, they understand that now is really the time to pack. I am very angry and I want them to see it.

The senses provide data from the environment, internal and external, to the brain, which interprets it, transforming it into a world. The human organism tries to respond to and thrive in the worldview it creates. Of course, this worldview is so complex, with most of it being of low consciousness.

In summary, the human body aims to maintain the feeling of life, but life happens in two ways in humans. Living and life in the world. And for some time, life in the world significantly determines living.

4. BEING OF ACTION

Even while sleeping, man remains an active being. His heart beats, his blood flows, his lungs fill and empty, his dreams take him on a journey. The only moment of

absolute inactivity is death. It seems, therefore, that the natural state of man is action, even the slightest.

The goal of every living organism is the preservation of life. The feeling of life preserves life. For humans, this feeling is associated with the meaning of the word “life” and their physical condition. Physical condition includes pathology and available energy.

Many argue that being yourself gives rise to the greatest feeling of life and that the greatest goal of man is self-realization. I disagree with this. As I have written, the greatest feeling of life for me is love. Furthermore, I consider the self to be a part of the human organism, largely unknown. For me, the self is not approached through knowledge, but through sensation. Sensation is superior to knowledge. Somewhere here the knowledge lovers object. But, I ask them, is the knowledge of death comparable to the sensation of death, when Doom will come out as paganism for me? Sensation can make something impersonal personal. And what is more personal than life?

I think that what man tries to achieve through action is not self-realization, but his existence in the world in such a way as to preserve the sense of life. Man seeks a place in the world that allows him to feel himself, in harmony with the sense of life. Of course, both the world and the self are changeable. Perhaps not the self, our self-image. Although I have also decided several times that I am now myself, until the development of my life led me to suffocate in what I once recognized as self.

Therefore, the action of each person depends on the personal world image, self-image and physical condition. When the feeling of life conflicts with the feeling of self, then the world image or self-image needs to be modified. However, as always, I will admit that both the world image, the self-image, and the desires remain deeply hidden in the lower consciousness, so much so that I think it is easier to consciously create them anew than to discover them. After all, the creation of new ones will

inevitably bring the existing ones to the fore, especially when a contradiction arises.

The sense of life precedes the sense of self. For example, someone will choose amputation in order to live. Not all decisions in the human body are so conscious. Decisions to “mutilate” the human body are often made in a low state of consciousness. Even our self will be deactivated when it is deemed an obstacle to survival.

And who will take care of that? Of course, the immune system. The immune system exists to preserve life, it is tasked with searching for dangers, suppressing and rebuilding. The immune system knows what it is doing when it intervenes in an organ, or even in itself, wherever it is in the human body. And the reason and the method of intervention need to be sought in what the individual has defined as “life”.

Of course, the long-term suppression of a part of the body is a problem, either because the parts of the body participate in more than one process and shutting down one process may have an impact on others, or because another part is burdened with performing an additional process, accelerating its fatigue process. The fatigue of materials, from which man cannot escape, is called old age. Those wrinkles on our face that we dislike so much are nothing but the endless and laborious effort of the human body to keep us alive. Meanwhile, it is crucial whether and how much the immune system can rejuvenate the part it attacked, once it is judged that there is no longer a threat.

Tesla once said, " If you want to discover the secrets of the universe, think of energy, frequency and vibration." Isn't man one of the best-hidden secrets? Hidden even by his own existence. The effort to find a place in the world seems like an effort to harmonize the individual and the world.

There are theories that thought changes the Universe and attracts what we want. Although it is true that the thoughts that man produces change the Universe, even infinitely, I believe, however, and I think that science will

prove this at some point, that the best formulation is that man tunes into one world out of the many that exist out there. Not just different realities - reality is by definition individual -, but something deeper. Man tunes into the world he chooses and thus can decode the thoughts that exist there, while much more is happening in his organism.

Man must choose wisely the world in which he will allow his organism to live. Even the atoms of the world. Each individual can change the frequency of his world. This choice is a matter of life and death. Would we let ourselves live in a radioactive place? Perhaps, if we did not know it, as radioactivity is not visible to the eye. Of course, over time we would see the signs that something is wrong. So, can one maintain their health when living in a sick place?

There are many worlds in the Universe at the same time. Imagine listening to your favorite show on the radio. At that time, many shows are playing, but you are tuned to a single frequency, that of your favorite show. Have you ever wondered why we can't see space? Because the Earth's atmosphere doesn't allow us. The Earth allows certain radiation to enter, blocking the rest. We live on a planet of specific frequencies. Perhaps, the Universe is full of aliens that we will never perceive with our eyes or our organs, as they are at frequencies other than ours.

Of course, the world and people are changeable and the resonance is unstable and subject to noise. Maintaining the resonance depends on the individual's ability to focus and on the strength of the emission source of each world.

5. CONSCIOUS BEING

Thought is not consciousness, I would write. But since everything, I claim, is thought, you would accuse me of mockery. Then I will write that not every thought is consciousness. Consciousness is the attempt to find the truth. Something within man seeks the truth. Man is not a

deer that runs to the lake to quench its thirst with water and then runs away. Man will quench his thirst and in the short time he will stand by the lake, he will make the transcendence of separating the concepts and asking himself “what is it that I am drinking?”.

And what it drinks is what it is. It does not become something because man drank it. But, when man wonders, he calls upon it to reveal its nature to him, in a way that man will be able to understand. He calls upon it to show him what it is and it responds, learning the language in which it will reveal itself to him.

The Universe evolves in the rules of truth. Among the unique realities and the multitudes of worlds there is one truth. And truth is what is common to all. Truth does not depend on personal data and abilities. It is so difficult to define truth. Truth is certainty in a world of uncertainty.

We have been searching for thousands of years for the laws of the Universe and we still haven't found them. However, the Universe exists and works with certain rules. The fact that we don't know them produces uncertainty. But our uncertainty does not eliminate the certainty of the Universe. For example, the fact that I don't know that I will die does not mean that I will die. The fact that my grandmother died at 80 did not rule out the fact that my daughter died at 11 months. It is certain that both of them died. At least, as long as the doctors don't see hallucinations in me, I don't talk about uncertainty and phenomena either.

If the truth is common and understandable to everyone, then we all have the ability to decode it. And I believe that the truth, out of generosity, will have taken care to be simple. Einstein's genius does not lie in the conception of the thought of relativity, but in its transmission to those of us who were unable to decode it autonomously with the equation $E= mc^2$. Simple, eh? Although certainly, complex mathematics would be needed, which in many cases each scientist personally developed, when the need arose. And mathematics is a thought that man decodes or that he produces? Whose language is Mathematics, I

would ask Einstein, if I could. We would most likely disagree, but we would agree that Mathematics is a mixture of logic and imagination. The thought of complex, imaginary numbers was a way out of the quagmire.

Truth exists, as do phenomena. Consciousness separates them. However, the problem is that truth is irritatingly quiet, it does not come pompously in this modern world of noise. Truth needs quiet and modern man diligently takes care to avoid it. Truth does not avoid man. Man avoids his conscience. Either he has not learned to recognize it or he takes care to suffocate it unintentionally. Some intentionally.

A part of the universal soup of thought is truth. We call it and try to decode it. Will it also be able to speak in our language, will it meet us in a way that we will be able to perceive it? Sensation precedes knowledge. Intuitively we will find the path to truth. And since knowledge is initially absent, then we will be called to call it faith. A leap of faith towards knowledge.

Resistance to the truth is the source of all mental illness. Although mental illness is an interpretation of modern psychology of phenomena , which could also be part of phenomena. And it is one thing to be ignorant of the truth and another to be resistant. Resistance presupposes that the truth has been revealed to you, if not at the level of knowledge, at least at the level of sensation. Something within the person has decoded the truth when at the same time something else refuses to bring it to the forefront of higher consciousness. Perhaps, for reasons of temporary survival. The truth has a high cost. As does resistance to it. As does hypocrisy. As does deception.

HUMAN AS A WHOLE

Man is a complex and composite being who exists in a Universe whose primary essence is thought. I cannot define thought nor describe its infinite forms. Some things

we will never be able to define, nor describe in their entirety. Man is like that. Man is part of the Universe. Man is a cosmic being and as such he must conceive of himself.

We cannot talk about a Universe beyond three dimensions and keep man confined to three. Man is beyond three dimensions and the only concession allowed is that the human body extends into three dimensions. And I hesitate to accept that.

PART THREE

COSMIC BEING

It's been over fifteen years since I saw an episode of the documentary "The Universe I Loved." In one scene, it said something like, "Let's play a little more with the people and scientists of the flat country, moving the three-dimensional sphere up and down. They wonder what's happening and try to explain what's happening, and sometimes it gets smaller, sometimes it gets bigger. Of course, we of three dimensions know that what's happening is nothing more than a three-dimensional sphere moving up and down."

If now we, the people of the four dimensions, were to be silent to listen to the people of the three dimensions, we would hear them say, “When stress is somaticized, the body keeps score, thought heals, thought makes us sick, the illness through the body tries to free us from the

emotion that caused it, etc.” Of course, we would know what is happening in the human body because we would be able to see the human experience in its entirety, the form of emotions, desires, the soul, the spirit.

There is no separation of mental and physical health. The human body is a single health entity and the mechanisms are common. Health does not occur outside the body. The human body is not an illusion. And it is good for any professional who deals seriously with humans in 2024 to know the basics of modern Physics.

Given the above, I would like to share some ideas about the human body.

1. BRAIN

The brain is the center of thought and the autonomic nervous system assists it. No one doubts this fact.

2. VISCERA

The intestines are the center of the sense of life. It is no coincidence that the fetus grows in the intestines.

3. HEART

The heart also has the property of being the center of emotions. The circulatory system contributes. There have been attempts to correlate pulses with emotions, but no reliable correlation has been found. Perhaps because there is a basic pulse in every person that functions like noise.

It's like trying to prove that breathing occurs in the lungs based on the rhythm of the diaphragm rising and falling. Since there is no common human rhythm, then breathing does not occur, we would say. And let's not forget that the lungs and the diaphragm are the center of breathing, as breathing occurs in all cells with the supply of oxygen and the removal of carbon dioxide. Fortunately,

these two chemical compounds are detectable by technology.

4. SOLES

The feet are the center of energy. The feet determine the distribution of energy. The feet touch the ground when we walk and receive the greatest gravitational energy. Sleep does not come only by closing the eyes, but also by removing the feet from the ground. There is a difference in energy potential between the brain and the feet when a person is standing.

5. GENITALS

The genitals are the center of the self. Of course, in this book the definition of the self was never given. Which would be expected in a book with the word “self” in the title. We call the part of the person that, while being his own, can be perceived as separate. We talk to ourselves, we betray ourselves, we are not ourselves.

It took me a long time to accept this idea, but there is much to support it. The genitals are the most private part of a person. By private we do not mean the most hidden from other people, but the last part of the visible parts that a person reveals.

It is also no coincidence that during adolescence, the time of self-discovery, hormonal changes occur and sexuality explodes. Furthermore, it is from the cells of the genitals that offspring originate. From there, the new human being is produced as the most genuine part of us.

Perhaps Freud was not entirely wrong to link his psychotherapy to repressed libido. The self is of decisive importance to man.

EPILOGUE

We don't know much about man. Nor have we learned in this book, in this effort. It is, therefore, an oxymoron in the age of "be yourself" to frantically search for ourselves, when we ignore man. How can we say we have found ourselves, if we do not solve the mystery of the human species? How can we condense our existence into a piece of it?

Being yourself is considered the greatest secret to success in modern times. However, people who changed history paid with their lives for being themselves. Their success was that they remained true to the truth until the end.

Our success as a society will not lie in creating an environment for us to be ourselves, but in a world where

no more lives are lost marginalized, persecuted, tortured, whether they are themselves or not. People are equal, whether they find themselves or not.

Because even if they are not themselves, they remain human.

CURRICULUM VITAE

My name is Anastasia Odatzidou and I was born in Egaleo, Attica in 1982. I studied Chemical Engineering at the National Technical University of Athens and Life Coaching at Aegean College. I am a mother of 3 children. I have been writing since I was a little girl. I have written the short story collections "For every such thing, there is another" and "The price", which are freely available online.